



Voice Of The Northwoods

Focused on Excellence—Putting Veterans First



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OSCAR G. JOHNSON VA MEDICAL CENTER

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Focused on Excellence—Putting Veterans First

Healthy Living Message



Being out on the water is a blast, but can be extremely dangerous. Every **2-1/2 hours** someone is injured or killed in a boating accident.

For more information on boating safety go to
<http://www.uscgboating.org/>

VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Area Students Learn About VA Careers

The Oscar G. Johnson VA Medical Center hosted 250 high school juniors from the Kingsford, Iron Mountain and Norway High Schools, as well as Bay College students, May 13-14 for its third annual tour of the medical center and first-hand look at VA careers.

After a facility tour, students were able to browse up to 14 career booths. Students were exposed to a variety of professions including social work, nursing, physician, pathology and laboratory, rehabilitation medicine, engineering, computer/IT, law enforcement, human resources, biomedical technology, health care management, and finance.

Students participated in hands-on demonstrations such as checking vitals of a fully computerized, life-like patient mannequin.



Kingsford junior Austin Stanchina gets a hands-on demonstration of checking vitals on a computerized mannequin.

“People think the VA hospital only has medical careers; they don’t realize there’s all different kinds of careers that make up this facility”

Ruth Truscott,
Iron Mountain High School
Counselor

“People think the VA hospital only has medical careers; they don’t realize there’s all different kinds of careers that make up this facility,” said Iron Mountain High School Counselor Ruth Truscott.

This was the second VA career fair for Kingsford science teacher, Lisa Hosie

“This group of juniors was looking forward to this based on what they heard from this year’s seniors who attended last year,” said Hosie. “They were hearing how this career fair helped some of them find direction,” she added.

Thirty VA employees participated in this VA Career Day giving students a tour of the medical center or showing students what they do and what type of education was needed to accomplish their goals. ♦



Students begin their tour at OGVAMC. To see more photos of this event please [click here!](#)

Who We Serve

Our Veterans and their stories

Glenn Johnson, U.S. Army, 101st Airborne

Glenn Johnson was still in high school when World War II began. During an Algebra class one day he decided to enlist as a volunteer draftee, and was later assigned as a paratrooper in the 101st Airborne of the United States Army. He traveled to various locations drilling in physical training, marksmanship, full-pack marches and other skills in order to prepare for an invasion.

Once in Europe he received a letter from his mother that surprised him. He always knew her as a traditional house-wife, but in the letter there was a photo of her making artillery shells at J.I. Case; a company that converted to wartime production.

By June 5, 1944, Glenn was at the Army Air Force base prepped for the D-Day invasion and ready to jump. That night he was airborne on a C-47 flying across the English Channel.

Once over the French shore line Glenn said “anti-aircraft fire was so intense our planes had to break formation and scatter. . . and at 1:00 am on June 6, D-Day, we jumped.”

Glenn landed six miles south of the intended drop zone with 13 other men who were not from his company. The original plan became useless, so the sergeant present decided they should setup a road-block at an intersection instead to prevent German soldiers from getting to the beach.



Glenn Johnson (right) with his late wife Annie Johnson (left).

After holding out for five days with little food and ammunition a Tiger tank approached. At the time, only three paratroopers were left who were capable of firing weapons. During this attack Glenn was hit by a concussion grenade and later woke up in an enemy hospital.

He was eventually sent to a Prisoner of War (POW) camp in Mulda, Germany, where he met a soldier from Fond du Lac, Wisconsin, near his home in Racine.

“Because of our common background we became good friends,” said Glenn. “One day he showed me a picture of his sister Annie. I immediately fell in love. I told him – ‘that’s the girl I’m going to marry.’”

On December 6 the Germans asked for volunteers to leave the camp and cut firewood. Glenn and two others volunteered. When the snow began to fall hard Glenn told the others he was going to escape, using the weather as a cover to make tracking difficult.

“The two others joined me and we were off heading east into Czechoslovakia,” he said.

They wandered aimlessly without direction, proper clothing or food; eating whatever they could find, which were often rutabagas or rotten potatoes. One day, Glenn and the others saw a British Airplane get shot down, and watched two parachutes drop. They went out in search and found each airmen with a gun and knife.

“We were no longer totally defenseless, which was a comfort after five months on the run without weapons” said Glenn. **(continued on page 3)**



Glenn Johnson, U. S. Army, 101st Airborne (1942 –1945).

Who We Serve Continued . . .

Glenn went from 165 pounds at the time of capture to 89 pounds when he was recovered by the Americans. After three days of interrogation they were accepted as Americans and not Germans in hiding.

When Glenn's condition improved he went back as a civilian to Racine, Wisconsin, where he went on a fishing trip to Lake Winnebago, near Fond Du Lac. On the trip Glenn told his friend, "I know a girl there. I have her address. We're going to stop and see her."

A girl did answer the knock on the door, and it was Annie, whom he had only known from a picture at a POW camp. At first Annie did not believe Glenn was who he said. Her brother presumed, and told her, that Glenn was shot and killed in his attempts to escape; however, with some explaining she believed him. True to his word in Germany Glenn married her. Annie and Glenn had 61 wonderful years together before she passed. ♦

Nutrition Tip Of The Month!

Build a Better Salad to Make Your Summer Meals healthy!

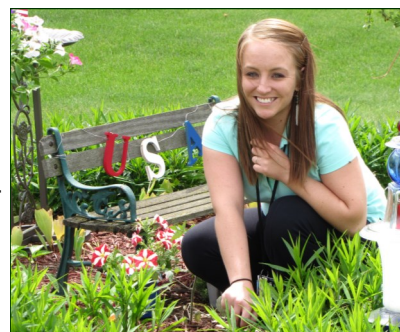
If a salad is your choice for lunch and dinner, odds are your trying to do something good for yourself. However, the most seemingly guilt-free salads can be a significant source of calories, fat and sodium. When eating lighter be smart and try these five suggestions:



- ♦ **Start with a base of dark leafy greens.**
Leafy greens that are deep or rich in color indicate a greater concentration of nutrients and vitamins. Mix them up!
- ♦ **Pile on the produce.**
Adding as many vegetables as possible and some fresh fruit like berries are all easy ways to boost nutritional value while enhancing the flavor!
- ♦ **Add lean protein.**
Lean protein will help to stay fuller longer, build and maintain calorie building muscle mass. Mayonnaise based protein like chicken, tuna or egg salad are high in calories. Use Greek yogurt in place of mayo for 80% fewer calories.
- ♦ **Be selective with calorie-dense add-ins.**
When we think high-calorie extras we often forget that our heart-healthy add-ins like avocado, nuts and seeds are also calorie dense. Opt for only one or two high-calorie toppings.
- ♦ **Scale back on salad dressing.**
Vinaigrette's and oils can have the same amount of calories as creamy dressings. Look for dressings with no more than 40 calories and 10-125 mg sodium per two tablespoon serving.

Adopt a Garden is Back in Bloom!

Ready. . . Get set. . . Plant!
OGJVAMC's annual Adopt a Garden contest is back for the third year. Services and individuals adopted garden areas around the hospital and planted flowers or other vegetation to brighten up our grounds! To check out the photos from this year's competition [click here!](#)



Debra Johnson caught working on Physical Therapy's garden.

Annual Walk Results To Benefit Homeless Vets

On May 21, the Oscar G. Johnson VA Medical Center hosted a 2K Walk and Roll to encourage employee health and benefit homeless Veterans. A total \$603 worth of gift cards and cash was raised to help our homeless Veterans. 137 people participated in the walk, including 111 employees (14 who are also Veterans), 12 volunteers, 10 Veterans and four from the community. Check out the photos [here!](#)



Service Spotlight

OGJVAMC's Emergency Department (ED) is open 24 hours a day, 365 days per year. New ED spaces were opened in 2012 with state of the art equipment, providing six medical rooms (five beds and one medical-exam chair). Patients can be treated here for a broad range of injuries and illnesses, some of which may be life-threatening and require immediate attention. Below are photos featuring some of our day, evening, and night shift ED staff at the OGJVAMC.



From L to R: Dr. Ann Johnston, Annie Frey, RN, and Deborah Becker, NP.



From L to R: Beth Penegor, RN, Cheryl Bennett, LPN, Joey Erickson, RN, and Lisa Mitchem, RN.



From L to R: Kathy Paupore, RN, and Dr. Alex Judy.



Back row from L to R: Jay Harry, RN, Matt Kempa, HT, and Michael Baumgartner, RN. Front row from L to R: Amanda Winter, HT, and Robin Rappley, RN.

Expanding Rural Mental Health Services

OGJVAMC is making an impact with the Enhanced Rural Access Network for Growth Enhancement (E-RANGE) program for rural Veterans diagnosed with serious mental illness. These Veterans are those that traditionally have been underserved, had historically high psychiatric hospitalizations, and/or been (or at risk of being) homeless.

E-RANGE services are carried out by small teams of RN's and Master's Licensed Social Workers (LMSW) who provide intensive case management for these Veterans. There are currently 57 Veterans in the program. They are put on an intensive follow up and medication management schedule to stabilize their conditions and improve daily functioning. The E-RANGE teams also assist Veterans with coordination of medical care, transportation, housing, shopping, employment, recreational endeavors, and re-engaging them with their family and community.

E-RANGE was established in 2010 at the Manistique, MI, VA Rural Outreach Clinic. In the last two years, the program expanded with the much needed addition of two teams located at the VA Outpatient Clinics in Rhinelander, WI, and Hancock, MI.

At the longest running program at Manistique, the services E-RANGE provides have decreased psychiatric hospitalizations by 70 percent and medical hospitalizations by 57 percent. Suicidal behaviors and substance abuse also decreased significantly.



Rhinelander's team, from L to R: Ann Ceballos, RN, Kari Clendenning, LMSW, and Diane Biscobing, RN.



Manistique's Team, from L to R: Jason Dougherty, LMSW, and James Foote, RN.



Hancock's team, from L to R: Rebecca Panasiewicz, LMSW, Karen Byrnes, RN, and Mary Van Camp, LMSW.

GOAL: Service Continues for Veterans, Paralympic Soccer Players



Former U.S. Marine Rene Renteria plays for the U.S. Paralympic Soccer Team.

World Cup competition has been underway, and soccer fans across the globe have been cheering their country's team. Rene Renteria and Gavin Sibayan will be rooting for Team USA and both men know what it's like to represent their country in uniform on the world stage.

As a U.S. Marine, Renteria deployed to Afghanistan; and Sibayan, a U.S. Army military police officer, served in Iraq, and despite injuries that halted their military careers, Renteria and Sibayan continue to represent the United States in front of international audiences.

Today, the two are members of the US Paralympics National Soccer Team. Renteria is forward and was the team's leading goal scorer in 2013. Sibayan is a midfielder and defender, and earned a bronze medal in swimming with the Army's team at the 2011 Warrior-Games. For the full story from Vantage Point Blogs click [here!](#)

Veterans interested in learning more about Paralympic Soccer, including eligibility information, please visit: <http://www.ussoccer.com/>

Caught on Camera



Veterans fired up the grill at the OGJVAMC to make Grilled Stuffed Eggplant as a part of MOVE! Healthy Teaching .



The OGJVAMC's Softball team, front row from L to R: Josh Grinnell, Carrie Gunville, Bonnie Pietrantonio, Sarah Thaler, Audrey Hewitt, Kevin Barnard. Back row from L to R: Matt Pipp, Steve Richey, David Moody, Patt Millan, Matt Mainville, Calvin Malueg, Erica DeTemple, Rex Sweet, Nicole Janczy, Dan Pipp, and Penny Dober.



Patients, staff and public attended the OGJVAMC's Memorial Day ceremony with the Iron Mountain marching band and guest speaker Danny Pummil, Principal Deputy Undersecretary for Veterans Benefit Administration.

For more photos of the ceremony, click [here](#).



Marquette CBOC is a proud participant in the VA2K event for the third year in a row. From L to R: Sheri Saberniak, Sandy Sarasin, Bridget Koscielnny, Martha Koers, Jennifer Nylander. Other participants not included in the photo are: Kent Koehn, Diana Dykstra, Dan Holdwick, Dave Ulrey, Brandon Ewers, Mark Krist, Risa Bernard, and Wendy Schuster.



Over 350 motorcycles came and their riders paid tribute to our Veteran residents at the CLC. For more photos of the Tribute Ride, click [here](#).



Nationally traveling performance group Re-Creation stopped by the OGJVAMC on June 06, and through song and dance performed for our Veteran attendees.

For more photos of the performance, click [here](#).

Kudos!

Oscars of the Month*

April



Gloria (JoJo) Sauld, CNA, Nursing & Patient Care Service (Community Living Center). JoJo has taken on the task of decorating the entire CLC for the various holidays throughout the year. The residents, family members, volunteers and visitors to the unit enjoy the atmosphere that is created, and it does help to make the setting home-like for the veterans, which supports cultural transformation initiatives. The decorating of the unit has been noted positively during our Long Term Care Surveys. JoJo has been employed at OGJVAMC since 2004.

May



Paul S. (Scott) Rowell, CNA, Nursing & Patient Care Service (Community Living Center). Paul received two nominations, one from a CLC resident for going above and beyond in providing nightly movies, popcorn and using his own resources to add to their quality of life. The other nomination was for volunteering on short notice to escort a CLC resident to Milwaukee VAMC for an appointment after working the p.m. shift the night before. He is also lauded for his motivation to learn how to best care for our Veterans and completing nearly 30 hours of continuing education on hospice care. Scott has been employed at OGJVAMC since 2011.

* Employee of the Month has been renamed the Oscar of the Month

Service Pins



Employees presented with Service pins for May and June are (l-r): **Dan Recla** (Lab, 35 years), **Sally Klingelhut** (HR, 20 years), **Dean Finley** (Finance, 10 years), **Michael Gibler** (NESS, 10 years), **Kathy Tobin**, LPN (Nursing & Patient Care, 10 years), and **Patty Grenfell**, HT (Nursing & Patient Care, 10 years), and (inset) **Lisa Calhoun** (Rhineland CBOC, 15 years). Not Pictured: **Mary St. Onge**, CNA (Nursing & Patient Care, 15 Years), **Paula Kallungi-Zulinski**, RN (Hancock CBOC, 15 years), and **Tina Rettinhouse** (Prosthetics, 15 years).

Mentor Certification



Brenda Reed, PsyD, was recognized for achieving VHA mentor certification at the Fellow level. She completed VHA Core Mentor Training and actively participated in 50 hours of mentoring others.

Welcome To OGVAMC!

Behavioral Health

Opal Carlson

Chief of Staff

Dr. Gail McNutt

Finance

Megan Wedin

Nursing & Patient Care

Jeana Klingelhutz

Emily Merheine

Melanie Roell

Miranda Lundin

Chaplain Herbert Becker

Tricia Cayemberg

Surgical

Dr. Richard Cecconi

Primary Care

Colleen Burton

Pharmacy

Stacey Steber

Escanaba Vet Center

Roberta Stacey

Imaging

Matthew Mattson

Engineering

Andre Hanna

Pathology & Lab

Albert Feltner

Patient Admin Service

Nathan Gauss

Utilization Manager

Kelly Erickson-Kaczmarek

Farewell Wishes! (*retired)

Behavioral Health

William Irving

Timmy Bahr

Associate Director

William Caron

Nursing & Patient Care

Rachel Wicklund

Tinti Cieri

Cheryl Kishman

Diane Christiansen

Patient Admin Service

Jermey Wilson

Johnathon Kolbas

Primary Care

Dr. David Curland

Surgical

Dr. Wenying Niu

Quality Management

Mary Kelly *

(36 years)

In Memoriam

VA employee John Pierucki

*Oscar G. Johnson VA
Medical Center*

(Nutrition and Environmental
Support Services)

[http://www.legacy.com/
obituaries/jsonline/](http://www.legacy.com/obituaries/jsonline/)

Upcoming Events & Observances

July:

- 2 U.S. Constitution Takes Effect (1788)**
- 2 Civil Rights Act (1964)**
- 2 Army Air Corps Established (1926)**
- 4 Independence Day**
- 6-12 National Therapeutic Recreation Week**
- 9 Ramadan Begins**
- 10 OGJVAMC Patient Carnival (Pavilion)**
- 16 First Atomic Bomb Tested (1945)**
- 21 Veterans Administration Created (1930)**
- 26 Americans with Disabilities Act Day**
- 26 Department of Defense Created (1947)**
- 26 U.S. Army First Desegregated (1944)**
- 27 U.S. State Department Founded (1789)**
- 27 Korean War Armistice (1953)**
- 28 World War I Began (1914)**

August:

- 1 National Minority Donor Awareness Day**
- 3-9 Assistance Dog Week**
- 4 Coast Guard Day (1790)**
- 6 Atomic Bomb Dropped on Hiroshima (1945)**
- 7 Purple Heart Day**
- 7 U.S. War Department Established (1789)**
- 7 Operation Desert Shield Began (1990)**
- 10-16 National Health Center Week**
- 12-17 National Veterans Wheel Chair Games**
- 14 Navajo Code Talkers Day**
- 19 National Aviation Day**
- 25 Women's Equality Day**
- 28 March on Washington, "I Have a Dream" Speech (1963)**
- 29 Hurricane Katrina Strikes Gulf Coast (2005)**

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Comments? [Email bradley.nelson@va.gov](mailto:bradley.nelson@va.gov)

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